



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 01055, Cream, sour, reduced fat, cultured

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	80.14	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	135	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kJ	563	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein	g	2.94	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	12.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	0.66	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	4.26	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	0.16	--	--	--	--	--	--	--	--	Calculated or imputed	01001	01/2003
Minerals													
Calcium, Ca	mg	104	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.07	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phosphorus, P	mg	95	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	129	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	89	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2011
Zinc, Zn	mg	0.50	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	2.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin	mg	0.035	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin	mg	0.149	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.067	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	0.363	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total	µg	11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folate, DFE	µg	11	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total	mg	19.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin B-12	µg	0.30	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	102	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	100	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta	µg	23	--	--	--	--	--	--	--	--	Calculated or imputed	01001	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	372	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.34	--	--	--	--	--	--	--	--	Calculated or imputed	01001	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin D	IU	9	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin K (phylloquinone)	µg	0.6	--	--	--	--	--	--	--	--	Calculated or imputed	01056	01/2003
Lipids													
Fatty acids, total saturated	g	7.470	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.389	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
6:0	g	0.230	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0	g	0.134	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.301	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.337	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	1.207	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	3.156	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	1.454	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	3.466	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.269	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	3.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.446	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.271	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.175	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	39	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Amino Acids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan	g	0.041	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Threonine	g	0.133	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Isoleucine	g	0.178	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Leucine	g	0.288	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Lysine	g	0.233	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Methionine	g	0.074	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Cystine	g	0.027	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Phenylalanine	g	0.142	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Tyrosine	g	0.142	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Valine	g	0.197	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Arginine	g	0.106	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Histidine	g	0.080	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Alanine	g	0.101	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Aspartic acid	g	0.223	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Glutamic acid	g	0.616	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Glycine	g	0.063	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Proline	g	0.285	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Serine	g	0.160	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003